

October 2018



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-3:00 Walmart 1:00 Bible Study (BR) 2:00 Yoga with Portia (FC) 2:30 Train Dominoes (L2) 2:30 Happy Music by Marie (T) 6:00 Rummikub (FL) 7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office 10:30 Bingo (T) 11:00 Cardio and Strength Exercise w/ Brandon (FC) 12:00-1:30 Oktoberfest! (DR-closed for lunch service) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Great Courses: Trials of World History (T) 3:30 Teens and Technology (L2) 4:00 Hymns & Scriptures w/ Jordan Lutheran (FC)</p>	<p>9:00-1:00 Shopping Shuttle 10:00-3:00 Flu Shot Clinic (T) 1:00 Rummikub (FL) 1:00 Tai Chi by DVD (FC) 1:00 Preston Bridge Club (GR) 2:00 Art Workshop w/Tony D'Amico (FC) 2:30 Train Dominoes (L2) 5:00 Music with Teresa (DR3) 7:00 Music with Teresa (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:45-12:00 Water Aerobics at Morrisville Aquatics Center 10:00 Flower Arranging (DR) 1:00 Great Courses: American West (T) 2:00 Cardio and Strength w/ Brandon (FC) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks 10:00 Silver Sneakers Exercise w/ Nourma (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/ Legacy (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 Happy Hour with Tom Neuhaser (T)</p>	<p>10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 5:45 Music w/ Linda Haney (L) 7:30 Movie (T)</p>	<p>8:00-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Mass (LIVE Stream)(T) Sunday Brunch Buffet (11:30 and 1:00) Please make a reservation. 7:30 Movie (T)</p>
8	9	10	11	12	13	14
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-1:30 West Regional Library 2:00 Yoga with Portia (FC) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (FL) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office 10:30 Bingo (T) 10:00-2:00 Georgia O'Keefe Exhibit and Lunch at NC Museum of Art 11:00 Cardio and Strength Exercise w/ Brandon (FC) 12:30 Line Dancing with Jennifer (FC) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Great Courses: Trials of World History (T) 3:45 Terrific Tunes with Ed Lyons (L) 6:00 Parkinson's Support Group (T and BR)</p>	<p>9:00-1:00 Shopping Shuttle 11:00-1:00 Lunch at Panera 1:00 Rummikub (FL) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:30 Train Dominoes (L) 7:00 Music with Barbara (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:45-12:00 Water Aerobics at Morrisville Aquatics Center 10:00 Flower Arranging (DR) 1:00 Great Courses: American West (T) 2:00 Cardio and Strength w/ Brandon (FC) 2:30 Wii Bowling (T) 3:30 Catholic Confession (T) 4:00 Catholic Mass (T) 7:30 Movie (T)</p>	<p>9:00 Banks 10:00 Silver Sneakers Exercise w/ Nourma (FC) 10:30 Brunch at IHOP 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/ Legacy (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 Happy Hour w/ Debbie Verderamo (T)</p>	<p>10:00-1:00 Historic Raleigh Trolley Tour (\$10) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (FL) 7:30 Movie (T)</p>	<p>8:00-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Mass (LIVE Stream) (T) Sunday Brunch Buffet (11:30 and 1:00) Please make a reservation. 7:30 Movie (T)</p>
15	16 Podiatrist	17	18	19 Audiology Clinic	20	21
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-3:00 Walmart 1:00 Bible Study (BR) 2:00 Yoga with Portia (FC) 2:30 Train Dominoes (L2) 2:30 Ranchers and Banking Documentary (T) 6:00 Rummikub (FL) 7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office 10:30 Bingo (T) 11:00 Lunch at Bonefish Grill 11:00 Cardio and Strength Exercise w/ Brandon (FC) 12:30 Line Dancing with Jennifer (FC) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:00-4:00 Harris Teeter and Publix 2:30 Great Courses: Trials of World History 4:00 Hymns & Scriptures w/ Jordan Lutheran (T) 7:30 Night Cap Social w/Silver Linings (FL)</p>	<p>9:00-1:00 Shopping Shuttle 9:30 Men's Breakfast with the Mayor (DR) 1:00 Rummikub (FL) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Art Workshop w/Tony D'Amico (FC) 2:30 Train Dominoes (L2) 2:30 Meet the Author: Iris Yang (T) 7:00 Music with Sara (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:45-12:00 Water Aerobics at Morrisville Aquatics Center 10:00 Flower Arranging (DR) 1:00 Great Courses: American West (T) 2:00 Cardio and Strength w/ Brandon (FC) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>8:30-10:00 Audiology Clinic (WC) 9:00 Banks 10:00 Silver Sneakers Exercise w/ Nourma (FC) 11:00 Jewelry Making w/ Laurie (BR) 11:30 Freddy's Steakhouses 1:15 Living Well Exercise w/ Legacy (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 Happy Hour w/ Dan Blaisdell (T)</p>	<p>10:00 Book Club (FL) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 1:00-5:00 Dearly Departed (Play-Garner Performing Arts Center-\$12) 2:00 Card Games (T) 7:30 Movie (T)</p>	<p>8:00-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Mass (LIVE Stream)(T) Sunday Brunch Buffet (11:30 and 1:00) Please make a reservation. 5:15 Music w/ Linda Haney (L) 7:30 Movie (T)</p>
22	23 Dermatologist	24	25	26	27	28
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-1:30 West Regional Library 1:00 Bible Study (BR) 1:30-3:00 Trader Joe's 2:00 Yoga with Portia (FC) 2:30 Train Dominoes (L2) 6:00 Rummikub (FL) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office 10:30 Bingo (T) 11:00 Lunch at Scratch Kitchen 11:00 Cardio and Strength Exercise w/ Brandon (FC) 12:30 Line Dancing with Jennifer (FC) 1:00 Poker Club (GR) 1:00 Mobility Clinic (OFC) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Great Courses: Trials of World History (T) 3:45 Terrific Tunes w/ Tom Neuhauser (L)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Rummikub (FL) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Art Workshop w/Tony D'Amico (FC) 2:30 Play Train Dominoes (L2) 7:00 Music with the Hancock Family (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:45-12:00 Water Aerobics at Morrisville Aquatics Center 10:00 Flower Arranging (DR) 1:00 Great Courses: American West (T) 2:00 Cardio and Strength w/ Brandon (FC) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks 10:00 Silver Sneakers Exercise w/ Nourma (FC) 11:00 Jewelry Making w/ Jennifer (BR) 1:15 Living Well Exercise w/ Legacy (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 Happy Hour w/ Cole Koffi (T) 6:30-8:30 Cary Town Band Concert (Free)</p>	<p>10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 7:30 Movie (T)</p>	<p>8:00-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Mass (LIVE Stream) (T) Sunday Brunch Buffet (11:30 and 1:00) Please make a reservation. 1:00-3:00 Music with Teresa (Lobby) 7:30 Movie (T)</p>
29	30	31 Halloween				
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-3:00 Walmart 1:00 Bible Study (BR) 2:00 Yoga with Portia (FC) 2:30 Train Dominoes (L2) 6:00 Rummikub (FL) 7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office 10:00-2:30 Shopping at Southpoint Mall 10:30 Bingo (T) 11:00 Cardio and Strength Exercise w/ Brandon (FC) 12:30 Line Dancing with Jennifer (FC) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Great Courses: Trials of World History (T)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Rummikub (FL) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00-3:00 Halloween Party, Pumpkin Carving and Costume Contest (T) 2:30 Play Train Dominoes (L2)</p>		<p>DR- Medallion Dining (1st Floor) DR3- Magnolia Dining (3rd Floor) WC- Wellness Center (2nd Floor) GR- Game Room (1st Floor) L2- Library (2nd Floor) OFC- Outside Fitness Center (Lower Level) BR- Boardroom (Lower Level)</p>	<p>FL- Fireside Lounge (1st Floor) T- Theater (4th Floor) L- Lobby (1st Floor) FC- Fitness Center (Lower Level) C- Café (1st Floor) P- Back Patio (1st Floor)</p>	<p>Doctors Making House Calls: Monday, Tuesday Wednesday, Friday</p>